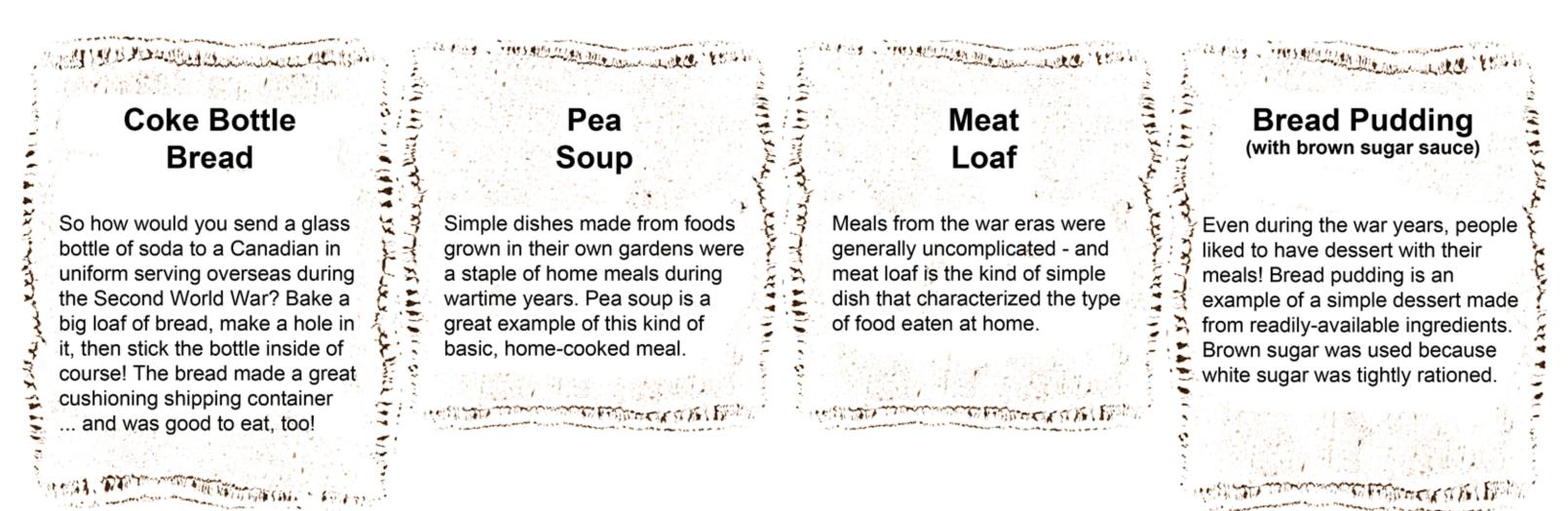
## **Wartime Meal**

Today, you will get a taste of what life was like on the home front during the war years. This meal consists of dishes made from recipes popular during the Second World War.





During the war years, Canadians on the home front had to make great contributions and sacrifices to support those who were fighting overseas. One way they achieved this was by rationing: restricting their consumption of scarce resources like rubber, gasoline and metal, as well as certain foods like meat, eggs, sugar, chocolate and coffee.

Through rationing, more food could be sent to the Canadian men and women serving overseas, who needed all the support possible in helping the Allies win the war.

